



BETHANY NEWSLETTER

May 2024



Happy
Mother's Day!

Please update the following information in your Bethany Telephone Directory.

Resident updates are not available on the website

She opens her mouth with wisdom, and the teaching of kindness is on her tongue.
Proverbs 31:26

Snow Angels



Are you aware that there are SNOW ANGELS at Bethany?!? One in particular has been deeply faithful in the rescue of residents in Bethany Court.

Some of the residents have requested that Angel "Lyle Stucky" be publicly thanked and recognized for his commitment to shovelling AND shovelling — time after time.

*Mr. L. S. —
we salute and thank you!!*

Maundy Thursday Drama



Once again, the drama which portrayed the betrayal and trial of Jesus was a great success!

Many thanks to Rev. Lois Siemens, Naomi Unger, along with the many cast members who were so faithfully committed to sharing this story, as if it was brand new!



We welcome two new casual staff to our Food Services Department!

*Jocelyn Balancio
Mark Bandejes*

Jerry Letkeman

Executive Director



*Come to me, all who labour
and are heavy laden, and I
will give you rest.*

Matthew 11:28 (ESV)

As we navigate through life's various stages, one challenge that can become increasingly real, is loneliness. Whether due to retirement, the loss of a spouse or friends, or physical limitations, feelings of isolation can significantly impact our life. However, there are ways to help combat loneliness and foster a sense of connection and belonging.

Firstly, it's essential to acknowledge that feeling lonely is a common experience, and it's okay to seek support. People of all ages struggle with loneliness. In Great Britain the government has, for a number of years, had a ministerial lead person dealing with the issue of loneliness within a cabinet portfolio. The media often refers to this lead person as the "Minister of Loneliness." It's a big issue globally.

Staying socially active is another key to combating loneliness. Take advantage of Bethany's many community activities or volunteer opportunities. These can provide opportunities for meaningful connections and new friendships. Also, utilizing technology to connect with loved ones through video calls and social media can help bridge distances and keep you in touch.

Furthermore, engaging in hobbies or interests can be a fulfilling way to meet new people and foster a sense of purpose.

Whether it's table games, Philosophers' Café, puzzling, painting, a book club, joining in at the Billiards Room or Woodworking Shop, or simply showing up at Laura's Lane for Coffee Time, activities can alleviate feelings of loneliness and provide

opportunities for meaningful interaction. I also encourage all newcomers to Bethany to participate in the *Newcomers Coffee* gatherings. You can meet other new residents and make great connections!

In addition, families can play a significant role in supporting their senior loved ones by checking in, scheduling regular visits or phone calls, and joining them in activities or events. Small gestures, such as sending cards, arranging outings, or sharing meals together, can make a significant difference in combating loneliness and strengthening family bonds.

Finally, it's important to remember that overcoming loneliness is a journey that requires patience, compassion, and resilience. However simple efforts can produce good results.

A note on Shaw (Rogers) Cable TV. If you are open to helping residents who are overwhelmed with their options and don't have family support, please call the office and ask for me (306-242-9019).

Happy Mother's Day!

Enjoy celebrating the women of influence in your life.





Prayer is sitting in the silence until it silences us,
choosing gratitude until we are grateful,
praising God until we ourselves are a constant act of praise.

Adapted from *Radical Grace: Daily Meditations*, pp. 391

SUNDAY MORNING WORSHIP

Theme: Music and Musical Instruments in the Bible

May 5: Lynette and George Janzen

May 12: Mothers Day—Lois Siemens

May 19: Lois Siemens—Please bring any musical instruments you have on hand to worship. We will make a joyful noise to the Lord!)

May 26 : Garth Ewert Fisher

CONTEMPLATIVE MORNING PRAYER

Tuesdays at 9:30 a.m.

Bethany Place Lower Level (BPLL)

Please feel free to join us.

SOUND TECH

We are looking for Sound Techs to join the team to help us out on Sunday mornings.

Can you help? A family member?

We offer a small honorarium.

Contact Rev. Lois in Spiritual Care.

Thoughtful Quiz

PART ONE:

- Name the world's five richest people.
- Name the last five Stanley Cup winners.
- Name ten people who have won the Nobel Prize.
- Name 12 Prime Ministers of Canada.

PART TWO:

- List three teachers who have helped you become a better person.
- Name three friends who have helped you through a tough time.
- Name five people who have taught you something worthwhile about the world.
- List five folks from whom you've learned more about God.

The people who make a difference in our lives are not the ones with the most money or prestige. They are the ones graced with the most special of divine attributes: the gifts of compassion and care.

(Tim Wiebe in *The Timsights Treasury*)

A little lightheartedness....



MATRANWYLE

From the Fund Development Desk

Donor Appreciation – Thank you to all who could join us as donors and friends of Bethany! We are continuing our work to complete the Home for Everyone campaign and are closing in on our \$150,000 goal. Special thanks to our sponsors – Amity Trust, Medicine Shoppe on Primrose, and Dalmeny Funeral Home for their support of this event!

Help for Low Income Seniors (but not really?)

The Saskatchewan Housing Benefit (SHB) was introduced in 2020 as the replacement for an older benefit program provided to disabled persons and seniors. While the social (subsidized) and affordable housing agreements our residents depended on were discontinued, the SHB continues on.

Recently, Saskatchewan Housing Corporation (SHC) has shifted their communications to say that the SHB should be a considered a replacement for the discontinued agreements – but we politely believe this is not the case. For qualified applicants, the SHB will supplement with \$175-\$225/month when applicant's rent exceeds income by set standards (35%-45%+ of income). However, the loss of social and affordable housing has forced rents to increase by \$500+/month in some cases. Currently, the Bethany Housing Assistance Fund (HAF) recipients receive an average of \$444/month, even with the SHB they may also receive. We anticipate the problem to amplify in January 2025 as Bethany phases in the next increment towards moving these suites to market value. We are thankful to have the HAF in place to support our low-income rental residents!

Planned Giving – Where we make mistakes

I was so happy to host Elaine Lozinski here at Bethany last month to work with residents through the challenges of 'being ready.' Some common mistakes older individuals can be prone to make in their planning include:

Top Common Mistakes Part II:

“It's my kids' job to take care of my estate.” For most of us, our children will be the executors and beneficiaries of our estate. However, we would not expect them to clean up after a rowdy gathering and nor should they 'clean up' a lack of planning. This mistake also brings to mind the question of who you think will be doing it, as your children may have their own health concerns/issues they are coping with. A few prudent moves and a written plan by you can save them hundreds of hours setting your affairs in order.

“My estate won't be that complicated”. I hope this is the case for everyone. Other times, I note the donor talking about stepchildren from a previous marriage, a grandchild with a life-long disability, and complex family farms, cabins, or other property that requires good planning! A strong, up-to-date plan ensures these are prepared for your passing, and everyone is clear about how they will move forward.



With gratitude,
James Perkins, Fund Development Coordinator
306-371-9922

Please ensure you have sought counsel from a professional

TAX SEASON & SCAMMERS!

In the wake of tax season, **NEW SCAMS** will likely occur by odious crooks who want to take **YOUR MONEY!**

If anyone calls and says they are from Canada Revenue Agency—**HANG UP!** The CRA will **NEVER call you by phone**; they will always contact you by mail. AND ... they will **NEVER** request cash or gift cards to pay your tax bill!!

PROTECT YOURSELF!



So Officer, you tell me that my grandson is in jail, and requires bail money?!?

Well, you can tell him for me that I am not giving him one red cent until he sends me thank you notes for all of the Christmas and Birthday presents I have mailed him for the past 23 years!

& ... MORE SCAMS!

Phishing: Email or text messages that appear to be from a legitimate source asking to “update” or “verify “ personal information like your bank account number and password; or suggesting that a parcel could not be delivered because of missing information.

Lottery Scam: You get news that you are the lucky winner of a car, boat, cash, etc. but in order to claim the prize, you must pay a fee to process your winnings.

Don't fall for it.
delete—delete—delete!

*Do you **SING** or **PLAY** an instrument?*



Do you know of someone who does?

*The **Bethany Music Committee** is looking for more music for Sunday Worship Services.*

*Please contact Nettie Balzer at:
306-934-2152*

Saskatoon Council on Aging

~ is offering a **FREE** presentation to protect yourself from online fraud.

-Monday, June 3, 2024

-1:30 p.m. to 3:00 p.m.

**-Meeting Room 3, main floor Field House
2020 College Drive (free parking)**

LEARN:

- benefits of being online
- potential dangers and how to avoid them
- importance of strong passwords
- scams, phishing, and viruses
- identifying secure websites

LEARN how to protect yourself and your personal information.

To register, please:
email: admin@scoa.ca or
call: 306-652-2255



Five great reasons to open an Investor's Choice **High Interest Savings Account** at Amity Trust!

- 1 **Service at your doorstep**
- 2 **No monthly fee**
- 3 **TFSA eligible**
- 4 **Unlimited Transactions**
- 5 **Friendly staff to help you!**

And all this for a great rate!

3.40%*

* Rates subject to change without notice.
Minimum \$5,000 balance



Calling All Gardeners!

Bethany is known for its beautiful gardens, grounds, and many seasonal flowerpots. This happens in large part due to the faithful commitment of many resident volunteers who love to garden.

If you would like to "play in the dirt" and are able to help with creating and maintaining our summer oasis at Bethany, please come and meet other like-minded gardeners and discover how you can be involved.

**Friday, May 10
2:00 p.m. in MMPR**

Gossip & Bickering

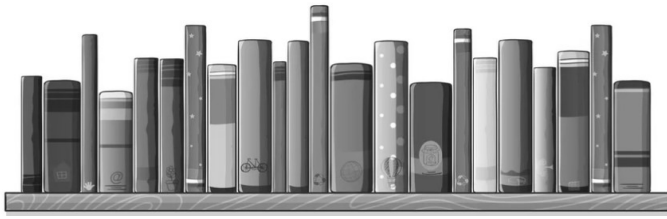


The potential for negative or disrespectful communication can disrupt the wellbeing of residents and staff, and undermine healthy living. Bethany Manor Board and Management supports respectful communication of all kinds. We encourage positive communication. Please conduct discussions in a manner that discourages negative emotions and rumours/hearsay that can cause hurt. If you personally have a concern with another resident's behaviour, we encourage a "good neighbour policy" where you would speak to them directly and kindly about your concern and then try to work it out. You are also welcome to bring concerns to the main office if you are not comfortable speaking with your neighbour.

Please pause and think, before you speak.

*It's a mark of good character to avert quarrels, but fools love to pick fights.
Proverbs: 20:3 (MSG)*

Bethany Library News!



Wow! Have you checked out all the **NEW BOOKS** recently added to the Bethany Library? Be sure to check out the new fiction, non-fiction, drama, westerns, mystery, historical fiction, love stories, short stories, series, and more!

Authors such as John Grisham, James Patterson, Martha Kelley, Ken Follett, just to name a few!

On top of these great new books that we own, the **Saskatoon Public Library (SPL)** book exchange is happening on May 14th. Please have all **SPL** books returned to the **Bethany Library** before May 14th.

A reminder to sign out ALL books at the entrance to the Bethany Library. Please return books in the drop off box for volunteers to re-shelve.

In addition, a big thank you to those residents who have donated "**new**" books to the Bethany Library. Our space is limited, so we cannot accept all books. If you have books that you want to donate, please ensure that the publication date is within 4 years.

All books must be approved by Angela Schmiemann for donation. Please do not "dump" your old, books in our library for us to recycle.

Did you know that we have a Book Club at Bethany? We borrow book club kits from the **SPL** so that no one has to buy the book to participate. We are generally given 4-6 weeks to read the book, then we meet with our book club members to discuss the book. Sometimes we even watch the movie of the same title and compare the two. If you are interested in participating in this book club, please contact Angela at: 306-220-8763.

Organics Pilot Program at Bethany

**Unfortunately, further delay has occurred due to incorrect collection carts being delivered to Bethany. Please watch for posters announcing the commencement of this program, once the correct carts have been delivered from the City.*

Green collection carts for your home organics (kitchen scraps) will be located:



Manor Phase 1 outside near the two blue recycle bins at the corner of La Ronge Road and Pinehouse (NEW LOCATION)

Manor Parkade in the small alcove next to the overhead doors

Tower Parkade Garbage room

If you don't wish to use your kitchen pail, you still need to store it in your suite for future residents of the suite to use. The pail will belong to the suite, not to the resident currently living in the suite. We apologize for any inconvenience storing the pail may cause, however it is important that future residents who move in after you move out have access to a kitchen pail to use.

We received two dispensers from the City for providing free compostable bags that will fit the kitchen pails. The dispensers are located here: **Business Resource Centre (BRC)** and by the entrance to the Bethany Place Dining Room on the Pinehouse side.

Please note that the supply of free bags from the City of Saskatoon is not permanent. When bags are no longer available, the dispensers will be removed.



★ **HAPPY** ★
BIRTHDAY!



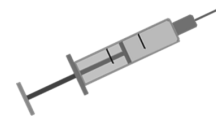
*Resident birthdays are
not available on the web site.*

*The Medicine
Shopper*[®]
P H A R M A C Y

COVID-19 Vaccine

Booster Shot Clinic

*May 1, 2024
Fellowship Centre*



Watch posters for details

*The Main Office
will be closed on
Monday, May 20
for Victoria Day!*

Good MOMS let you
lick the beaters;



Great MOMS
turn them off first!